

BORDER BATTLE

STEP CHALLENGE

With only six days left, it's too close to call!

It will be down to the wire and every step counts! Kentucky is leading Indiana, but the Hoosiers are closing in! So, **move, move, move!** Kentucky Employees' Health Plan members are averaging 7,398 steps; while Indiana is at 6,813 average steps - a very small difference.

We still have a few days to go, so don't slow down now!

Sara Duke and Charity Stoops win the weekly drawings



Our weekly drawing winner, Sara Duke (at left), a special education teacher at Apollo High School in Daviess County, receives 2,500 Vitality Bucks!

How does she stay motivated? Sara says, "I feel like a fit mom is a fit family. I want to be a healthy role model for my kids. I haven't always been active and in the last few years I have worked hard to change that. Recently, on my preschool age daughter's Mother's Day interview she wrote that my favorite thing to do is run on the treadmill. That's proof that I am living a healthy lifestyle and modeling it for my kids. I feel so much better overall when I am active, and I love step challenges to give me the extra boost and motivation."

The week three winner is Charity Stoops, from Tompkinsville Elementary School in Monroe County. Congratulations to both, and keep on steppin'!

[Share your story.](#)

Final tips

- The last day of the challenge is **May 31** (at 11:59 p.m.).
- Be sure to do a final upload of your steps **by June 3!**
- Grand prize drawing: Five individuals per state will win 5,000 Vitality Bucks at the end of the challenge. Participants receive one entry in the prize drawing for each day of the challenge they take 10,000 steps. (The Grand Prize drawing will be held June 10.)
- Find more at LivingWell.ky.gov.

#INKYBorderBattle

